

# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/01/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
HAM : ELEM	2OZ.	1	71	25	599	0.00	0.37	0.0	0	0.0	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	0	46	2.00	0.00	20.0	1072	18.0	*2	1.0	5.0	1.59	0.29	0.00
WW DINNER ROLL	ROLL	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6197	6.88	*1	1.77	11.38	6.17	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			835	*64	1885	6.77	2.23	1178.4	6175	53.25	*58	42.28	105.48	27.08	10.52	*0.00
% of Calories											*27.7%	20.3%	50.5%	29.2%	11.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 02/02/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN CHUNKS	6 PIECES	1	257	43	585	2.00	1.00	19.0	35	0.0	1	20.0	18.0	13.0	2.00	0.00
TATER TOTS: ELE	1/2 CUP	1	133	0	275	1.60	0.54	10.0	0	0.6	0	1.6	17.47	5.79	0.83	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT INT WEEKLY 1st CHOI	Total	1														
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			925	*72	1830	14.38	11.06	1191.8	26416	129.37	*63	54.92	132.43	19.93	6.31	*0.00
% of Calories											*27.2%	23.7%	57.3%	19.4%	6.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 02/03/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
PEPPERONI PIZZA -BELLA RO SE 8	SLICES	1	440	50	819	2.00	1.80	499.6	749	6.0	5	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	42	720	2.00	1.80	500.0	750	6.0	5	23.0	34.0	21.0	9.00	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	191	3.05	0.84	41.9	11894	3.41	*0	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1195	*91	2402	12.67	5.02	1615.2	9611	107.95	*69 *23.2%	63.16 21.1%	155.63 52.1%	35.68 26.9%	13.99 10.5%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 02/06/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
TERIYAKI CHICKEN:SEC	4.2 oz	1	120	53	427	0.00	0.48	0.0	0	0.0	*N/A*	16.0	8.0	2.67	0.67	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	460	5.00	1.44	20.0	1500	9.0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	22	1.50	0.54	15.0	75	13.5	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOICE	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average % of Calories			1011	*84	1726	12.78	6.33	1375.0	15783	86.74	*53 *21.0%	62.70 24.8%	125.91 49.8%	29.58 26.3%	8.89 7.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/07/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	241	35	443	4.01	3.09	41.1	652	5.01	*1	16.04	26.01	8.01	2.31	0.00
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	1	25	6	41	0.00	0.03	51.4	54	0.0	*N/A*	1.8	0.18	1.89	1.20	0.00
BLACK BEANS	1/2 CUP	1	140	0	334	8.03	1.82	42.1	10	0.0	*2	8.03	25.09	1.0	0.00	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	84	1.64	0.00	0.5	61	0.0	*0	2.74	29.75	1.87	0.52	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1107	*64	2310	17.98	7.94	1089.2	9129	65.29	*55	56.06	151.37	31.50	7.05	*0.00
% of Calories											*20.0%	20.3%	54.7%	25.6%	5.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/08/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1.45	20.2	5	0.0	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	0.01	1.1	1	0.0	*N/A*	1.0	5.0	2.0	1.50	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0.00	1545.0	5888	154.8	0	1.73	3.45	2.36	0.37	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
TOMATOES, CUCUMBER, CAR ROTS:EL	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6197	6.88	*1	1.77	11.38	6.17	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			964	*76	1880	8.14	3.32	1962.3	8519	134.87	*57	48.16	120.80	34.50	11.97	*0.00
% of Calories											*23.8%	20.0%	50.1%	32.2%	11.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 02/09/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	89	27	140	1.80	0.69	31.1	1580	1.35	*1	6.21	10.84	2.27	0.31	*0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	92	0.0	*1	4.18	27.29	2.59	0.61	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUN TS)	SNACK P ACK	1	120	0	135	0.00	1.08	100.0	80	0.0	16	2.0	21.0	3.5	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT INT WEEKLY 1st CHOI	Total	1														
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			880	*66	1302	16.59	12.76	1286.6	30229	125.37	*61	49.66	129.75	18.67	6.14	*0.00
% of Calories											*27.8%	22.6%	59.0%	19.1%	6.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 02/10/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA, BIG DADDY'S (SCHWA N'S)	1 SLICE	1	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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Weighted Daily Average % of Calories			922	*55	1884	12.33	4.48	1209.5	6117	118.00	*64 *27.9%	49.99 21.7%	140.28 60.9%	19.71 19.2%	6.25 6.1%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 02/13/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
ORANGE CHICKEN :SEC	3.60 OZ	1	160	45	309	0.00	1.80	0.0	100	1.2	*N/A*	12.0	21.0	3.0	0.50	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	39	2.25	0.81	22.5	1125	6.75	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOICE	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average % of Calories			1059	*80	1783	11.58	6.94	1419.3	15858	79.47	*54 *20.3%	59.82 22.6%	136.29 51.5%	31.02 26.4%	9.29 7.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Tue - 02/14/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	*N/A*	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	180	0	598	8.99	2.03	46.8	0	28.32	*N/A*	8.99	25.85	5.06	1.69	*0.00
SOUTHWEST BLEND VEGETA BLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	13.5	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1318	*75	2786	21.40	8.84	1214.4	9057	83.30	*70	59.76	177.79	43.52	12.41	*0.00
% of Calories											*21.3%	18.1%	53.9%	29.7%	8.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/15/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
NORTHWEST BLEND VEGETA BLE:ELE	3/4 CUP	1	19	0	17	1.11	0.40	11.1	414	8.29	2	0.55	3.32	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
TOMATOES, CUCUMBER, CAR ROTS:EL	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6197	6.88	*1	1.77	11.38	6.17	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			959	*80	1812	8.82	3.29	1201.5	5882	49.60	*59	47.99	120.63	32.01	11.11	*0.00
% of Calories											*24.4%	20.0%	50.3%	30.1%	10.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 02/16/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
MINI CORN DOG NUGGETS ( S EC)	6 EACH	1	249	60	418	2.98	1.79	99.5	0	1.19	*N/A*	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT INT WEEKLY 1st CHOI	Total	1														
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			887	*81	1503	14.77	11.09	1217.1	26348	129.37	*62	50.35	131.88	17.62	6.49	*0.00
% of Calories											*28.1%	22.7%	59.5%	17.9%	6.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 02/17/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1092	*73	2159	12.83	4.13	1459.5	6317	117.40	*65 *23.8%	61.99 22.7%	149.79 54.9%	30.21 24.9%	10.70 8.8%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 02/21/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN FAJITA WRAP:ELE	WRAP	1	189	46	1021	3.51	1.72	146.1	324	0.0	*0	16.04	17.76	6.04	1.52	0.00
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	*0.00
REFRIED BEANS	1/2 CUP	1	180	0	598	8.99	2.03	46.8	0	28.32	*N/A*	8.99	25.85	5.06	1.69	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	0.79	42.1	525	0.01	*10	1.89	22.26	7.44	1.70	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOICE	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1094	*71	2759	18.60	7.74	1139.2	9165	76.95	*59 *21.6%	55.22 20.2%	143.78 52.6%	34.38 28.3%	7.49 6.2%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/22/2017</b>																
INTERMEDIATE LUNCH 6-8	Total	1														
TERIYAKI BEEF NUGGETS: (EI em.)	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	13.99	5.99	7.99	3.50	0.50
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	0.01	1.1	0	0.0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	0.59	16.4	1443	1.97	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
<b>ALT INT WEEKLY 1st CHOI</b>																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
TOMATOES, CUCUMBER, CAR ROTS:EL	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6197	6.88	*1	1.77	11.38	6.17	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			889	*71	1957	8.00	3.61	1197.9	6304	58.46	*59	46.20	115.83	28.29	10.53	*0.25
% of Calories											*26.4%	20.8%	52.1%	28.6%	10.7%	*0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

<b>Thu - 02/23/2017</b>																
INTERMEDIATE LUNCH 6-8	Total	1														
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	2.44	460.0	394	8.6	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS: SEC	3/4 CUP	1	177	0	366	2.13	0.72	13.3	0	0.8	0	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUN TS)	SNACK P ACK	1	120	0	135	0.00	1.08	100.0	80	0.0	16	2.0	21.0	3.5	2.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT INT WEEKLY 1st CHOI	Total	1														
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			975	*64	1753	15.73	12.98	1482.1	26900	112.23	*61	55.82	141.84	20.74	7.01	*0.00
% of Calories											*25.1%	22.9%	58.2%	19.2%	6.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 02/24/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
SPAGHETTI - BEEF	CUP SER VING	1	416	275	1217	6.24	3.77	244.1	851	7.4	*3	26.18	50.48	14.1	5.46	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	1.43	41.4	555	6.84	*N/A*	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			981	*178	2426	14.78	5.94	1257.2	3623	108.57	*66	55.32	153.95	19.24	6.97	*0.25
% of Calories											*27.0%	22.6%	62.8%	17.6%	6.4%	*0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 02/27/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	180	45	155	0.00	0.72	0.0	65	2.4	13	12.0	18.0	7.0	2.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES: ELE	3/4 CUP	1	26	0	34	1.50	0.54	15.0	750	13.5	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1041	*80	1656	11.28	6.45	1375.0	16654	85.85	*60	59.70	130.42	32.25	9.55	*0.00
% of Calories											*22.9%	22.9%	50.1%	27.9%	8.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/28/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
ENCHILADA	BURRITO	1	406	30	1273	8.32	4.01	264.6	659	2.53	*2	17.38	51.3	14.88	6.63	*0.01
BLACK BEANS	1/2 CUP	1	140	0	334	8.03	1.82	42.1	10	0.0	*2	8.03	25.09	1.0	0.00	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	13.5	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	292	0.0	*8	2.19	18.48	6.34	1.52	*0.00
ALT INT WEEKLY 1st CHOICE																
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1225	*65	2984	22.88	8.97	1188.5	9362	67.22	*61 *20.0%	57.33 18.7%	169.46 55.3%	39.00 28.6%	9.67 7.1%	*0.01 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			1019	*78	2042	13.81	7.01	1318.9	13024	94.17	*61 *53.8%	54.55 21.4%	138.60 54.4%	28.68 25.3%	9.07 8.0%	*0.07 *0.1%
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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1019		783	130%													
Cholesterol (mg)	78					Missing			2042								
Sodium (mg)	2042																
Fiber (g)	13.81																
Iron (mg)	7.01		4.50	156%													
Calcium (mg)	1318.9		400.00	330%													
Vitamin A (IU)	13024		1500	868%													
Sugars (g)	61	23.90%			Missing												
Vitamin C (mg)	94.17		16.70	564%													
Protein (g)	54.55	21.41%	15.00	364%													
Carbohydrate (g)	138.60	54.40%															
Total Fat (g)	28.68	25.33%	<=30.00%														
Saturated Fat (g)	9.07	8.01%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.07	0.06%			Missing												

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